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HOMESTEAD FORCE SUPPORT SQUADRON NOV/ DEC 2014 **SPOTLIGHT** 482ND FORCE SUPPORT SQUADRON MAGAZINE HOMESTEAD ARB, FL VOLUME 5 ISSUE 6

INSIDE:

- Fall Bazaar November 6-8th
- DeCa Case Lot Sale Returns November 6-8th
- Exercise Physiologist Tyler Farwell answers your health questions
- City of Homestead dedicates Oct 3 as 482nd Fighter Wing Day





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IMPORTANT Homestead Air Reserve Base telephone numbers

Bomb Threats **7-1-1-5** On Base Emergencies **7-7-7-7**

Fire Department - Bldg. 706 786.415.7117
 Command Post - Bldg. 360 786.415.7023
 SARC - Bldg. 360 786.415.7606
 Base information operator 786.415.7000
 Base Pass & ID - Bldg. 360 786.415.7138
 By Appointment Only
 Military ID - Bldg. 360 786.415.7058
 Base Chaplain - Bldg. 471 786.415.7093
 Retiree Activities - Bldg. 346 786.415.7580

Homestead Force Support

Blazin Beanz Coffee Shop - Bldg. 344
 786.415.6779

Monday – Friday 0600 to 1700
 Saturday 0900 to 1200 / Closed Sunday
 UTA Weekend: 0600 to 1800
 Saturday & Sunday

AAFES Shoppette - Bldg. 142 305.258.3881
 Now located on base - 28242 Coral Sea Blvd
 Monday – Friday 0800 to 1700
 Closed Saturday & Sunday
 UTA Saturday 0900 to 1700

TF/CAC/Club - Bldg. 400 786.415.7486
 786.415.7484

Lunch served Monday – Friday 1100 to 1330
 Lounge Open
 Monday – Wednesday 1600 to 1900 and
 Thursday & Friday 1600 to 2100
 Open UTA Saturday & Sunday

Fitness Center - Bldg. 920 786.415.7091
 Monday – Friday 0630 to 1900
 Closed Saturday & Sunday
 Open UTA Saturday 0600 to 2000
 Sunday 0600 to 1400

**Hair Care Center
 & Barber Shop - Bldg. 344** 786.415.8449
 Monday 0800 to 1400
 Tuesday - Friday 0800 to 1700
 Closed Wed between 1330 to 1430 for Lunch
 Closed Saturday & Sunday non UTA dates
 Open UTA Saturday 0800 to 1700

Lodging - Bldg. 476 786.415.7198
 Open 24/7, manager on duty 0800 to 1900,
 on call manager 24/7

Outdoor Recreation -
RV Storage - Lot Bldg. 164 786.415.7092
 Monday – Friday 0900 to 1700
 Closed Saturday & Sunday
 Open UTA Saturday 0900 to 1700
 RV Storage Open 24/7

Homestead, Florida City & Miami-Dade County

Emergency number for Homestead and vicinity
9-1-1 Police/fire/ambulance

Homestead Hospital 786.243.8000
www.baptisthealth.net

Government
 City of Homestead 305.224.4400
www.cityofhomestead.com

City of Florida City 305.247.8221
www.floridacityfl.us
 Miami-Dade County 305.468.5900
www.miamidade.gov

Electric
 City of Homestead 305.224.4800
www.cityofhomestead.com
 Florida City 305.442.8770 FPL
www.fpl.com

Water/ Sewer
 City of Homestead 305.224.4849
www.cityofhomestead.com

Miami-Dade County 305.665.7488
www.miamidade.gov/wasd/service.asp

Drivers License
www.flhsmv.gov 305.229.6333

Tags /Registration
www.flhsmv.gov 305.247.2731

Voter Registration
www.miamidade.gov/elections
 305.247.4600

Library
 Miami-Dade College
 Homestead Library 305.237.5153
www.mdc.edu/homestead

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 (786) 415-7077
 Chief of Services
alice.fields@us.af.mil

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 TF/CAC/Club Manager
 After 5: (786) 415-7517

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 (786) 415-7845
 Force Support Squadron

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 Honor Guard

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Cover:
 DeCa Case Lot Sale Returns
 November 6-8th along with
 the Fall Bazaar. Exercise
 Physiologist, Tyler Farwell
 answers your health
 questions. The Homestead
 Inn has rooms available
 during the holidays. City of Homestead dedicated
 Oct 3 as 482nd Fighter Wing Day.

Contents of 482nd Force Support Squadron
 Spotlight are not necessarily the official view
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 Marketing/Commercial Sponsorship
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 Homestead, FL 33039
sheree.chandler@us.af.mil

The information is current at the time of this
 publication. Activities, events, and prices are
 subject to change. For more information,
 please contact the respective facility.



From the Chief

It's going to be a busy Holiday season. November 6-8th will be the DeCa Case Lot Sale along with our new Fall Bazaar. This will be your "One Stop & Shop" for the holidays.

Now is the perfect time to join the club. There are many rewards as a new Club Member; all current Club Members have a great opportunity to be rewarded as well. In November, a trip for 4 to Disney World and to two lucky members in December, a Grand Prize of a 2015 Chevy Silverado!

Tyler Farwell, our Exercise Physiologist is now hosting a Q & A column about exercise. We will post a new question in each issue to inform you about health living and exercise.

I want to wish everyone a healthy and safe holiday season....See you next year!

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**Military Affairs Committee members*

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Military & Veteran Discounts

Holiday Inn Express-
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Homestead Hospital-
Cafeteria meals at employee prices to military in uniform.

Mercedes Benz of Cutler Bay-
15% off parts & labor in service department. Mercedes Benz vehicles only.

Portofino Coal Fired Pizza -
Free appetizer with special purchase. (see ad on page 15)

Speedway Car Care-
10% discount off parts & labor.

Toyota Rent a Car-
15% discount applied to total of your rental.

Inquire first or show your military or government ID prior to purchase. Not all available discounts are listed.

Discounts and merchants are subject to change without prior notification.

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City of Homestead Dedicates Day to Wing



10/6/2014 - HOMESTEAD AIR RESERVE BASE, Fla. -- City of Homestead Mayor Jeff Porter proclaimed Oct. 3 as 482nd Fighter Wing day during a Military Affairs Committee meet and greet at the Community Activity Center at Homestead Air Reserve Base, Florida on Oct. 3.

The proclamation was presented to Col. Chris Funk, 482nd FW commander here, during a Military Affairs Committee meet and greet

held in honor of the wing. Meet and greets are generally held the Friday evening prior to the Unit Training Assembly every month and give reservists an opportunity to meet members of the MAC.

The Employer Support of the Guard and Reserve team also made a presentation to the MAC members for their support of local service members.

Homestead ARB and the MAC work together to keep the relationship strong between the base and the community. Additionally, ESGR is a Department of Defense office which was established in 1972 to promote cooperation and understanding between Reserve Component Service members and their civilian employers.



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MyAirForceLife.com

November Commissary Sale and Fall Bazaar



Homestead Air Reserve Base hosted the Defense Commissary Agency case lot sale this past September, which featured truckloads of merchandise at great bargains for our Military members.

The upcoming sale will be on November 6-8, from 0900 to 1700. There will also be a Fall

Bazaar at the same time and place featuring over 40 local businesses and vendors. This is great way to stock up for the holidays.

The Commissary accepts cash, check, credit and debit card for payment. Manufacturer's coupons will also be accepted. Shoppers are encouraged to bring coolers and manufacturer coupons that aren't expired.

Learn more by visiting www.commissaries.com/links.cfm#ML

For more information, contact Sheree Chandler at (786) 415-6784 or sheree.chandler@us.af.mil



Tenth Air Force welcomes new commander

482nd Fighter Wing Public Affairs

10/20/2014 - NAVAL AIR STATION FORT WORTH JOINT RESERVE BASE, Texas -- Brig. Gen. Richard Scobee assumed command of 10th Air Force from Maj. Gen. William Binger during a change of command ceremony at Naval Air Station Fort Worth Joint Reserve Base, Texas on Oct. 18.

Lt. Gen. James Jackson, Commander, Air Force Reserve Command and Chief, of Air Force Reserve, was the presiding officer during the ceremony.

Prior to his current assignment, Scobee was the Director, Air Force Reserve Plans, Programs and Requirements, Headquarters United States Air Force, Washington D.C.

Binger was the 482nd Fighter Wing commander from May 2008 - July 2010.





AIR FORCE CLUB MEMBERSHIP

REWARDS

JUST TO SAY THANK YOU!

- Grand Prize: 2015 Chevy Silverado (awarded in December)
Sponsored by GM Military Discount - www.gmmilitarydiscount.com
- Second Prize: A Trip for 4 to Disney World (awarded in November)
- Third Prize: \$500 (1st awarded in October)

Pick up your entry form at the Club,
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Homestead Club Membership Benefits

- \$5.00 Monthly Club Dues for Members 50 miles or more from a base with a Club. Check Cashing/Currency Exchange Privileges
- 10% off Catering (i.e., weddings, birthdays, etc.) Must be a Club Member to book catered functions
- 10% off Rentals at Outdoor Recreation
- Free Coffee at the CAC
- Quarterly Membership "Free Lunch Buffet"
- \$2.00 off Lunch/Dinner at the Falcon's Nest (purchase of \$6.00 or more required)
- \$2.00 of all prorated special functions i.e. Dining In/Out, Air Force Birthday Ball
- \$3.00 off Holiday Buffets (Mother's Day, Easter, Thanksgiving, etc.)
- Once per month "Members Only Events"
- Lunch Bunch Cards- Buy five lunches and the sixth is free.
- Hair Care Center for \$10.00 spent, receive \$1.00 off
- Once per year Membership Night "Free to Member" & \$15.00 for guests; bona fide guest or family members \$10.00 entry fee. Not open to eligible Club Members.

Coming Soon: Members Only - Texas Hold'em and Bingo, "Free to Members", bona fide guest or family member \$10.00 entry fee. Not open to eligible Club Members.

Ask the Exercise Physiologist

This is the first of a question and answer series for the Airmen, retirees and civilians who are concerned about their physical fitness and readiness condition.

SSgt Shaun Collette asks - What is interval training and how can it benefit me?

CARDIAC POWER INTERVALS

One particular method that I have used with much success in the past is cardiac power intervals (being an exercise physiologist, I enjoy viewing things in terms of energy system development). These same intervals can be called fat-burning or waist-melting but for the sake of scientific integrity, I will refer to them as cardiac power intervals. The specific goal of this type of training from a cardiac development standpoint is to increase the strength of your heart muscle. This method of training will also cause increases in mitochondria (aerobic power plants) of the cardiac muscle itself. This in turn will increase the endurance abilities of the cardiac system at high intensities. This goal is accomplished by applying a high intensity load to the cardiac system followed by an extended rest period. By high intensity, I mean getting your heart rate up as high as you possible can and maintaining it for the duration of the rep (1-2 min). Your recovery period can be arbitrarily marked at 2-5min which is quite a range and may not be optimizing your training. In today's world, time is very valuable, so why not optimize your time spent working out. By utilizing a heart rate monitor you can recover to a prescribed recovery heart rate (ideally 120-130 bpm). Individual differences for recovery greatly vary from person to person, so utilizing a heart rate monitor can aid you in determining your specific recovery rate and also give you information on how high your heart rate is getting (intensity) during your work set.

APPLICATIONS

The application of this method can be as varied as your mind can take it. Utilizing sprinting, hurdle hops, kickboxing, medicine balls, kettle bells or any number of different cardio machines used alone or in combination to accomplish the goals of this method. The key is to choose a method that you enjoy (it becomes less enjoyable once you get started with the work sets) and can sustain for 1-2 min of all out work. Ensure that proper rest is taken between reps. Ideally you would want to perform 4-12 reps per session. As always, you will want to start small and progress your way up. Listen to your body, but go into it with the understanding that this type of training is extremely strenuous.

Submit your questions to Tyler at tyler.farwell@us.af.mil or call him at 786.415.7129.



Tyler Farwell is the Homestead ARB Exercise Physiologist at the Sam Johnson Fitness Center. Tyler, a Navy Veteran has a Master's of Science in Kinesiology with an emphasis in Exercise Physiology. Tyler was on the staff of Illinois State University, a NCAA Division-One school as their strength and conditioning coach. He also has several certifications in "Strength and Conditioning coaching" and is a Level 1 "Performance Coach" through USA Weightlifting.



Attention Military ID Card Location Change

Military ID Cards now in Bldg 360
Monday - Friday 0830 - 1230
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UTA Weekend: Military Personnel Only

Call (786) 415-7138 or 7058 for appointment

UTA SCHEDULE

Unit Training Assembly Schedule

2014

Nov 8-9 Dec 6-7

2015

Jan 10-11

Feb 7-8 June 12-14

Mar 7-8 July 11-12

Apr 11-12 August 8-9

May 2-3 Sept 12-13

Homestead Club Lunch and Bar Pricing

Lunch Pricing:

Sandwich Line-\$3.25 to \$5.75

Chef Special-\$7.00

Wednesday Buffet-\$9.00

Friday Seafood Buffet-\$10.00

Bar Pricing:

Domestic Beer-\$2.75

Premium Beer-\$3.00

Import Beer-\$3.75

House Liquor-\$3.25

Premium Liquor-\$3.75

Top Shelf Liquor-\$4.25

Homestead ARB Social Media

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Louie's Lemon Lot

(Not really lemons)

Lemon Lot Vehicle Sales offered through Outdoor Recreation

Sell your vehicle or boat at the Outdoor Recreation Lemon Lot at the corner of Elmendorf and Westover.

Homestead DoD civilians and service members can sell their vehicles on base. Cost is \$25 flat fee per month. Go to Outdoor Recreation to obtain a parking permit for that vehicle before parking in the lot. Permit is limited to 30 days with possibility of extending once based upon space availability.

Outdoor Recreation is located at Building 164 or call 786.415.7092 for more information.

Thanksgiving Brunch at the CAC

Join us for a champagne Thanksgiving Brunch, on November 27 from 10:30 am - 1:30 pm at the new CAC- Troop Feeding Facility.

Start Thanksgiving with breakfast items that include an array of fresh breads, breakfast meats and made to order omelets with your choice of toppings.

Lunch Buffet items will feature Roast Turkey, Baked Ham, Prime Rib, seasonal vegetables, a generous salad bar and a cornucopia of desserts including everyone's favorite, pumpkin pie.

Cost is \$25.00 per person and club members get \$5.00 off for each guest. Reservations are required.

Please RSVP at 786-415-7486.



NOV 2014

					1 SATURDAY Closed 2 SUNDAY Closed
3 MONDAY Chef's Choice Hot Meal, Sandwich Line and Grill Open, Soup & Salad Bar	4 TUESDAY Chicken Monterey or Salisbury Steak \$7.00	5 WEDNESDAY Asian Buffet \$9.00	6 THURSDAY Fried Chicken or Meatloaf \$7.00	7 FRIDAY Seafood Buffet \$10.00	8 SATURDAY UTA 9 SUNDAY UTA
10 MONDAY Sandwich Line and Grill Open	11 TUESDAY Closed Veterans Day	12 WEDNESDAY Italian Buffet \$9.00	13 THURSDAY Fried Chicken or Spaghetti & Meatballs \$7.00	14 FRIDAY Seafood Buffet \$10.00	15 SATURDAY Closed 16 SUNDAY Closed
17 MONDAY Chef's Choice Hot Meal, Sandwich Line and Grill Open, Soup & Salad Bar	18 TUESDAY Salsa Chicken or Braised Pork Chops \$7.00	19 WEDNESDAY Country Buffet \$9.00	20 THURSDAY Fried Chicken or Stuffed Cabbage \$7.00	21 FRIDAY Seafood Buffet \$10.00	22 SATURDAY Closed 23 SUNDAY Closed
24 MONDAY Sandwich Line, Taco Salad or Meatball Sub Special	25 TUESDAY Deli Subs \$7.00	26 WEDNESDAY Sandwich Line Only	27 THURSDAY Thanksgiving Buffet 1030-1330 RSVP (See Page 9)	28 FRIDAY Closed for staff time off	29 SATURDAY Closed 30 SUNDAY Closed

Lunch Menu & Special Event Calendar

Lunch Service: Monday – Friday 1100-1330

Closed all Federal Holidays

1 MONDAY Chef's Choice Hot Meal, Sandwich Line and Grill Open, Soup & Salad Bar	2 TUESDAY Beef Stroganoff or Pulled Pork \$7.00	3 WEDNESDAY German Buffet \$9.00	4 THURSDAY Fried Chicken or Italian Sausage & Peppers \$7.00	5 FRIDAY Seafood Buffet \$10.00	6 SATURDAY UTA 7 SUNDAY UTA
8 MONDAY Chef's Choice Hot Meal, Sandwich Line and Grill Open, Soup & Salad Bar	9 TUESDAY Seafood Creole or Pot Roast \$7.00	10 WEDNESDAY Mexican Buffet \$9.00	11 THURSDAY Fried Chicken or Pepper Steak \$7.00	12 FRIDAY Seafood Buffet \$10.00	13 SATURDAY Closed 14 SUNDAY Closed
15 MONDAY Chef's Choice Hot Meal, Sandwich Line and Grill Open, Soup & Salad Bar	16 TUESDAY Beef Tips or Shrimp Scampi \$7.00	17 WEDNESDAY Cuban Buffet \$9.00	18 THURSDAY Fried Chicken or Stuffed Pork \$7.00	19 FRIDAY Seafood Buffet \$10.00	20 SATURDAY Closed 21 SUNDAY Closed
22 MONDAY Soup & Sandwich Line Open	23 TUESDAY Soup & Sandwich Line Open	24 WEDNESDAY CLOSED	25 THURSDAY CLOSED	26 FRIDAY CLOSED	27 SATURDAY Closed 28 SUNDAY Closed
29 MONDAY Soup & Sandwich Line Open	30 TUESDAY Soup & Sandwich Line Open	31 WEDNESDAY Soup & Sandwich Line Open	DEC 2014		

Sign up for the Lunch Bunch and get every 6th lunch free.

This is for members only, so ask your cashier how you can get free lunches too. This is a great time to join the club!

Club Members always receive \$2.00 off lunch over \$6.00.

If interested in learning more about becoming a Club Member, call Jim Nichols for more info (786) 415-7486